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Bangalore Mirror

TEMP Max 29 | Min 17 | Humidity 77% Generally cloudy sky Sensex 59,719 | Nifty 17,816 | Gold 49,199 | Silver 56,375 | Dollar 79.73 | Euro 79.65 | GBP 91.02

As vegetation, waterbodies shrink, human settlements, barren land, agricultural land cover increase in 4 taluks of Bengaluru rural district between 2001 and 2021

SUBURBAN DISTURBANCE

446% jump in settlements, 50% increase in farmed land, 87.77% drop in green cover

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It is not just the urban areas, even rural Bengaluru is facing the brunt of urbanisation. According to the findings of a recent study conducted by Bengaluru-based researchers in Nelamangala, Doddaballapura, Devanahalli and Hoskote taluks, major changes have occurred in the Land Use and Land Cover pattern (LULC) in the areas between 2001 and 2021.

The study conducted with the help of satellite images showed there is a significant decrease in the area covered by vegetation and waterbodies over the past 20 years across the four taluks; meanwhile, the total area under settlements, barren land, and agricultural land shot up dramatically.

All four taluks together recorded a drop of 87.77% in green cover. The area under waterbodies shrunk by 75.93%; whereas settlements increased by 446% and land under agriculture went up by around 50% across the four taluks.

"Our study shows the majority of vegetation across all the four rural

CONTINUED ON PAGE 4 »

PIC FOR ILLUSTRATIVE PURPOSES ONLY

> "All four taluks are connected to the city by either a national or a state highway, leading to urban expansion
> – Bharath Ashwathappa, co-author, study

Medicos in no man's land

Confusion shrouds academic mobility programme for Ukraine-returned medical students

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More than contentment, the 'no-objection notice' for the academic mobility programme by the National Medical Commission (NMC) for Ukraine-returned medical students has created confusion.

The academic mobility programme has 29 countries where the students can be temporarily accommodated till the situation in Ukraine gets better. However, the degree is to be provided by the parent Ukrainian university.

The students are now concerned the sudden shift might cause difficulties as the syllabus followed in different countries may differ significantly.

Syllabus change

"In Ukraine, we have almost a six-year-long bachelor's course in medicine. This includes subjects like medical philosophy and psychology that other countries and even India do not cover. Moreover, different froeign universities teach different subjects in different semesters. For example, we learn human anatomy in the second year but other nations might do it differently. If we are transferred to different countries even temporarily these differences matter,"

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Frida and Diego

The Embassy of Mexico in India, in association with the National Institute of Fine Arts and Literature (INBAL) of Mexico and Museo Casa Estudio Diego Rivera y Frida Kahlo present a photographic exhibition titled 'Diego & Frida: Life Chronicles'. This exhibition is a collection of photographs of distinguished artists who were friends and colleagues of the couple, and depict important moments in the lives of Frida Kahlo and Diego Rivera. They also reflect the pain and physical deterioration of Kahlo, her political activism, including the last photograph taken of her in a politic demonstration, days before her death in July 1954. **Where: gallery g; When: Till Oct 10**

02 Adopt a floofball

Thinking of bringing home a furry companion home? Here's your chance. Come attend the Indie Puppy Adoption Drive by WalKai Rescues. Meet 8 adorable healthy vaccinated pups in the age range of 1.5 months to 7 months! These tiny sweethearts have been rescued and nurtured and final adopters, get free Dog Parenting Consultation session, plus a cool dog-friendly gift hamper.
Where: Ella's Petscape, Sarjapur,
When: Sep 24, 10:30 AM – 5:30 PM
Register: WhatsApp 9873860846

03 Tune in!

The Easy Wanderlings are promoting their brand-new EP Caught in a Parade with their all-new song Mayflower featuring the one and only Nikhil D'Souza. They will be playing at a very special musical night at Fandom Bengaluru and this is your chance to sing along with your gang!
Where: Fandom at Gilly's Redefined
When: Sep 23, 8pm onwards; Tickets: insider.in

It's posture imperfect for city office-goers

A sedentary lifestyle for two years followed by a sudden return to office, long commutes has people complaining of backache, shoulder, neck pain

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A 30-year-old mother, Priyanka (name changed) was suffering from backache for a while. A visit to the doctor resulted in her getting diagnosed with 'Mechanical Backache' and it was the outcome of a two-year-long WFH followed by a recent return to office.

Her symptoms began when she was working from home and was due to a combination of improper posture (prolonged sitting on a bean bag). It worsened as she recently started commuting to work. She was advised with medication, physiotherapy and advised for back strengthening exercises.

Priyanka is one of many others who have had bad posture for two years, and the symptoms are worsening now, with a return to office chairs.

Shatrunjay Sharan, a physiotherapist at Movewell Clinic said, "During the WFH regime, I was seeing many patients with lower back issues. Now, with many commuting long distances to work, patients are complaining of an increase in back pain. I suggest physiotherapy sessions for them to get back to normalcy."

Dr S Vidyadhara (HOD and Consultant Spine Surgeon, Manipal Hospital, Old Airport Road) said that they were seeing a sudden spike in cases of these IT professionals presenting with severe neck and back pains. "The numbers have almost doubled in the last few months and the trend is alarming. They have been suffering back and neck injuries."

Two years of working from home on sofas or beds has led to most suffering from chronic pain and seeking medical help

He added that there could be multiple other reasons for the increase in back pain. The roads are congested and bad with potholes and unscientific humps. They are spending long hours sitting in traffic and also getting stressed which in turn increases the pre-existing back and neck pains. Outdoor sporting activities and indoor routine exercises have reduced significantly as they are spending more time commuting. They are also having reduced exposure to sunlight and food habits have been erratic causing vitamin D deficiency which adds fuel to the back and neck pain issues.

"Recently, a patient who was about to take a bath in the morning was bending to pick up a mug of water when he heard something snap in his back and could not straighten himself up. He went to the hospital and Magnetic resonance imaging (MRI)showed injury to the disc and he needed a spinal injection to get back on his feet," said Vidyadhara.

Dr Lakshman Kongwad (Senior Consultant, Neurosurgeon (Brain and Spine), BGS Gleneagles Global Hospital) added,

A proper sitting posture, adequate exercise and a healthy eating pattern are key to battling body pain say doctors

Do's and don'ts

- Avoid sitting or lying down for hours
- Go for stretching exercises
- Regularly check Vitamin D levels
- Get plenty of sunlight

"The back is under more strain in sitting posture than standing or walking and is obviously the least under strain in sleeping. When people were WFH, one could take frequent breaks and also work lying down or standing which had a lesser strain on the back."

He said that whether WFH or RTO, it is always advised to assume a proper posture. AN ergonomic workstation is a proactive approach to reduce or prevent work related repetitive use injuries. A proper sitting posture such as keeping the back straight and slightly arched with back support with feet flat on floor, ear, shoulder and hips in line, elbows and wrist well supported with the screen or monitor at eye level are crucial. "Take frequent structured breaks and avoid smoking. Swimming and cycling are good exercises for improving back strength."

Academic resources, available in your mother tongue

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The Azim Premji University has launched a first-of-its-kind open-access digital repository of academic resources translated from English to Indian languages, a move in line with the new National Education Policy (NEP) 2020 that advocates imparting education in the mother tongue.

The repository christened 'Anuvada Sampada' with close to 2,000 academic resources, is currently available in Hindi and Kannada and will be freely accessible to students and educators across the country. It is expected to address the paucity of high-quality academic resources in Indian languages at the graduate and post-graduate levels.

The archive includes selected academic resources for postgraduate programs in education and development, and undergraduate programs in arts, sciences, and diploma courses. Besides these, there are chosen articles from journals, extracts or complete chapters from books, podcasts, short films, brief lectures, and panel discussions related to higher education.

"Non-availability of academic resources in Indian languages is a major constraint in expanding access to education and ensuring inclusion. We believe this initiative will help students

engage more deeply with concepts and ideas currently available only in English, encourage nuanced debates, and develop perspectives in diverse contexts," said Hriday Kant Dewan, Azim Premji University. Articles focused on various aspects of school education from different publications of Azim Premji University such as Learning Curve, At Right Angles, I Wonder, and Pathshala, apart from books and research studies published by Azim Premji Foundation, form part of the collection.

"The repository will enable students, academics, and practitioners to mine, use and reuse academic resources in sciences, social sciences, humanities, and languages. The repository is also expected to help promote original writing, reading, deliberation and discourse in Hindi and Kannada," added Dewan.

The varsity is also in the process of seeking copyright permissions from various publishers to expand the number of open-access academic readings on the site.

Tiff over stray incident

Residents of Meenakshi Layout get into tiff with dog feeders who landed in area

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Good samaritans regularly feed strays, but a fight broke out at Meenakshi Layout due to a communication lapse (inset)

A clash broke out over feeding stray dogs at Meenakshi Layout near Thubarahalli in Mahadevapura on Monday when residents objected to a few people feeding strays. Suspecting the people to be dog lifters, they demanded the latter produce identity cards issued by a competent authority. However, the dog feeders refused to produce it.

"We were worried about the security of residents in this layout. I asked a woman and her assistant to produce their identity cards, but they refused and began arguing with me, stating that they have the right to visit any place to feed strays," said Meenakshi Layout Welfare Association president, JC Reddy.

Another reason for their suspicion was that the dog feeders were not residents of adjacent or nearby localities.

"We are not against feeding strays. I am looking after three strays. The problem with these so-called dog feeders is that they refuse to identify themselves. They did not bother to take the locals into confidence," said Hari Krishna Reddy, a resident.

> **We are not against feeding strays. But these dog feeders refused to identify themselves. They did not take locals into confidence too**
>
> —Hari Krishna, layout resident

Vishwanatha Reddy K, executive committee member of Meenakshi Layout Welfare Association, complained that the number of strays has increased in the recent past due to feeding by strangers. "We are not sure whether they are genuine dog feeders. We are also not sure whether they will continue feeding strays on a regular basis. What will happen to these strays if they stop feeding due to some reasons?" asked Reddy, adding that strays in the locality are being adapted to non-vegetarian food due to feeding by strangers.

Locals claimed that the dog feeders left the layout in a hurry when they were asked for identification, only to return with eight more people.

"They began taking a video of me and my house. I called the police immediately. Meanwhile, residents gathered and questioned them. Finally, we all went to Varthur Police Station," said JC Reddy.

Bismi Anil, one of the dog feeders, said that she had been feeding strays at Meenakshi Layout for more than three years. "I am a resident of Whitefield. Meenakshi Layout is two to three km away. I am only feeding the strays and I do not know what made the residents object," said Anil. She said that she has been feeding around 500 strays in and around Whitefield on a daily basis by opening a kitchen exclusively to cook food for them.

Manjunath H, Sub-Inspector of Varthur Police Station, told Bangalore Mirror that he has advised residents and dog feeders to consult each other about feeding strays. He asked Bismi to avail the necessary permission from competent authorities to feed strays at Meenakshi Layout. He also asked the residents to allow her to feed the strays.

Bangalore Urban District SPCA member Arun Prasad said that feeding hungry animals was a noble service and feeders and locals should join hands to make Bangalore a model city for animal welfare.

Who killed Chennai doc? His fiance

Police have cracked the 'murder mystery' surrounding a Chennai-based doctor in Bengaluru. The probe revealed that the man was killed by his fiancé for reportedly releasing her and her mother's private videos on social media.

The deceased has been identified as Vikas, 27. He was fatally attacked on September 10 and succumbed on September 18 at a private hospital. The incident took place in the limits of Begur police station of Bengaluru. According to police, Vikas and his fiancé hailed from Chennai. They got introduced to each other through social media two years ago.

> **Man had taken objectionable videos of his fiance as well as her mother without them knowing and had posted those online**

Vikas, a doctor, had come to Bengaluru for academic purposes, and they started living together. During this time, he made private videos of his fiancé. He had filmed private videos of her mother as well, police informed. Later, he had opened a fake account on social media and published the videos which had gone viral. Police said that both families fought over the issue.

The accused was hurt with the development and shared it with her friends. One of her friends invited Vikas to his home on September 10, and when he came, the accused assaulted him, police said.

Further investigation regarding the case is on. —IANS

No need for experts, BBMP can count trees

But ecologists say use of tree authority, forest dept personnel for census shows Palike's disinterest

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A view of the trees in Cubbon Park (File photo); Experts have called out the BBMP's handling of the tree census

BM's report on Sept 13

The Bruhat Bengaluru Mahanagara Palike's (BBMP) decision to independently conduct the tree census has invited criticism from ecologists and forest experts in the city. Those with a technical background in the field have been left aghast.

"The team conducting the census should have forestry experts with a technical background. Just counting the trees and writing down the species names will not cut it," said a city-based forestry scientist.

Interestingly, the agency had earlier reached out to the University of Agricultural Sciences (UAS) to conduct the survey. However, after months of discussion and multiple revisions to the proposal by the varsity, the BBMP's Forest Department decided not to sign an MoU and conduct the census with inputs from the tree authority and manpower from the Karnataka Forest Department.

"Very few members of the tree authority have the expertise to conduct this census. Moreover, the Karnataka Forest Department has staff paucity and a lack of technical skill and experience. A range forest officer has the minimum qualifications of a graduation degree. This census will require much more than a degree certificate if it has to be done well," said the scientist.

Experts say that BBMP's disinterest in conducting the census is evident.

"Even when the matter was in court three years ago, the then Chief Justice had to repeat that the BBMP Commissioner will be held in contempt of court if they do not commit to the tree census. First, they cited covid as an excuse, but the pandemic did not come in their way when it was axing thousands of trees. Maybe another petition to the court is the way to go," said Dattatraya Devare, trustee, Bangalore Environment Trust.

> **Very few members of the tree authority have the expertise. The Karnataka Forest Dept has staff paucity**
>
> –Forestry scientist

Dr AN Yellappa Reddy, a renowned environmentalist, suggested that the BBMP should look at roping in college students and professors with the right background to help them with the survey.

"There are colleges at every ward level and the BBMP should make use of that. They should encourage students and teachers to undertake the census exercise as part of an educational program.

Many taxonomists and botanists teach and study in these colleges across the city. However, BBMP is clearly avoiding the exercise to duck accountability. They are more interested in chopping down the trees," said Reddy.

Kumbalgodu flyover opens to public today

It is Bengaluru's longest 6-lane flyover, second-most elevated stretch

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The Kumbalgodu flyover is 4.5 kilometres long; one arm of the flyover will be open for public use from Wednesday (Bidadi side), while another arm will be open by Dasara (Bengaluru side)

Bengaluru's longest six-lane flyover is finally set to be open to the public. The Kumbalgodu flyover will help commuters skip the congestion in the area. According to Mysuru MP Pratap Simha, one arm of the flyover (Bidadi side) will be open to the public from Wednesday, and the other arm (Bengaluru side) will be opened by Dasara.

With the opening of this flyover, Bengaluru will have five elevated flyovers to bypass traffic on the at-grade level.

The longest elevated stretch in the city is the Electronic City expressway (9.985 km). Work for the project had started in 2006, and it was opened to motorists in 2010. This flyover has four lanes. The third-most elevated stretch in the city is the Peenya flyover (4.3 km), which is also a four-laned one.

The 4.5 km-long Kumbalgodu flyover is the longest six-lane flyover and second-most elevated stretch in the city.

The fourth-most elevated stretch in Bengaluru is the 3.722 km-long flyover that connects Esteem mall to Kogilu Cross on Kempegowda International Airport Road. This is the second longest six-lane flyover in the city.

The fifth-longest flyover in the city is a 3.35 km-long road-cum-rail flyover connecting Jayadeva Hospital junction and Central Silk Board. It is still under construction and being built by the Bangalore Metro Rail Corporation Limited (BMRCL).

Interestingly, the first flyover, as well as the first elevated stretch in the city, was built on the Mysuru Road. The 2.65 km-long flyover was built to connect Town Hall with Sirsi Circle, bypassing the busy KR Market in 1999.

"For long, the Bengaluru-Mysuru Road has been neglected even though the traffic has increased. Kumbalgodu, which was a suburb, has seen rapid growth in recent years, and as a result, there is a spurt in vehicular growth. This road definitely required a flyover as the long-distance vehicles (going beyond Bidadi) will have hassle-free movement while the local traffic near Kumbalgodu can use the road below the flyover," said Satish Kumar, a resident of Kengeri.

> **"Instead of spending huge amounts on building flyovers, the government should invest in promoting public transport**
> –Girish A, RR Nagar resident

However, experts say that flyovers are not really helpful in solving traffic woes.

They say that flyovers essentially move the traffic from one side to another. "Instead of spending huge amounts on building flyovers, the government should invest in promoting public transport so that more and more people shift from their personal vehicles to public transport which will automatically decongest the busy stretches," said Girish A, a resident of RR Nagar.

A flyover is being constructed to decongest RR Nagar junction. The RR Nagar entrance on the Mysuru Road is one of the major bottlenecks holding up traffic. Construction work has been taken up at a cost of Rs 71.45 crore.

Uncommon ground in rural district

CONTINUED FROM PAGE 1

taluks has been converted into agricultural land and settlements due to increased urban expansion and population," said Bharath Ashwathappa, co-author of the study from Gandhi Institute of Technology and Management. As per the analysis, in 2001, the study area was dominated by vegetation in 891.87 sq km followed by agriculture in 838.88 sq km with barren land cover in 465.25 sq km alongside settlements in 63.29 sq km; waterbodies occupied 46.39 sq km area. The LULC analysis of 2021 paints an entirely different picture of the four taluks.

It showed the area has now been taken over by agriculture in 1,254.25 sq km, followed by barren land in 584.96 sq km, settlements in 346.12 sq km, vegetation cover in 109.04 sq km and waterbodies in 11.17 sq km area. Experts said ease of transportation and good connectivity of the taluks with the city might be one of the reasons behind this change in the pattern. "With ease of transportation, chances of urban encroachment increase. All four taluks are connected to the city by either a national or a state highway, leading to urban expansion. As both districts share boundaries, it makes the Bengaluru rural district more vulnerable to rapid urbanisation on the periphery," said Ashwathappa.

Impact on waterbodies was the highest in Hoskote. While the total area under lakes and ponds in the taluk was 9.65 sq km in 2001, it went down to 1.59 sq km in 2021, registering a drop of around 84%.

"The taluk recorded a big jump in the area under agriculture. While only around 134 sq km was being used for growing crops in 2001, it went up to 288 sq km in 2021. Vegetation experienced a significant drop too, making it more or less the worst hit taluk in Bengaluru rural when it comes to the change in LULC pattern," said Reshma Vishweshwaraiah, a co-author of the study.

Taluks	Change in settlement	Change in vegetation	Change in agriculture	Change in barren land	Change in water bodies
Nelamangala	253.67	89.4	0.22	157.60	-59.19
Doddaballapura	177.89	-86.30	75.63	2.95	-78.06
Devanahalli	326.11	-87.64	57.36	-0.22	-74.88
Hoskote	246.36	-88.98	113.47	8.67	-83.51

*In Per cent(%)

Experts further explained that this degree of LULC change in rural areas is alarming and said proper land use planning to ensure sustainable development is the need of the hour.

"Getting a comprehensive view of the LULC changes in the area over time is very important to develop effective strategies to manage growth. Advent of new project proposals like the multi-transport system to the airport and industrialisation in the study region, the scenario may get worse in the coming years. So, authorities concerned should consider the upcoming projects and predict the likely effect of urban expansion while coming up with proper land use planning to ensure controlled development sustainably," added Ashwathappa.

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Road blocked

Dollars Colony

Private companies are blocking the road by parking parallel to New BEL Road in Dollars Colony.

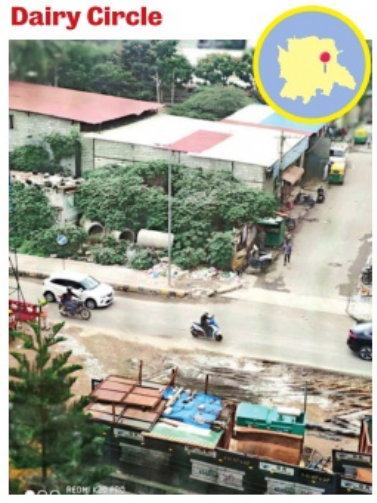
Public panic

Judicial Layout

Panic is being spread by storing and keeping industrial cylinders in 23rd Cross, 18th Main, Judicial Layout.

Trash piling

Dairy Circle



Garbage is piled up on a daily basis (near the water pipe sections) opposite Spar Hypermarket near Dairy Circle on Bannerghatta Road.

Relief to homebuyers from coercive EMI repayment

HC restrains PNB Housing Finance Ltd from going after those who had taken loan

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Home buyers are going to remember the historic judgment of the Karnataka High Court on a writ petition challenging coercive recovery measures of housing loans by a well-known financial institution.

The Karnataka High Court issued a writ of Mandamus on September 14 restraining the PNB Housing Finance Limited from taking any coercive measures against home buyers who filed complaints for recovering any amount in the loan agreements and Tripartite agreements.

The High Court order gives hope to home buyers by putting onus on banks to check the status of construction

BangaloreMirror
It takes High Court to wake K-RERA up and do its job?

BM's report on Sep 15

The High Court also issued a writ of Mandamus directing the Reserve Bank of India, National Housing Bank, Punjab National Bank Housing Finance Limited and TransUnion CIBIL Limited to process home buyers' claims for refraining from the CIBIL score and for issuing a No Due Certificate following the law within 60 days. It also directed Mantri Developers Private Limited to comply with subject orders made by the Adjudicating Officer, Real Estate Regulatory Authority (RERA) within 60 days.

The case

Home buyers earlier booked their apartment units with Mantri Developers Private Limited in the pre-EMI scheme which is a pre-sanctioned loan vide tripartite agreement between home buyers, developers and Punjab National Bank Housing Finance Limited (NBHFL). When the home buyers, unhappy with the pace at which the developer was constructing the apartment, tried to withdraw their bookings the bank had already disbursed the amount of the loan directly to the developer allegedly without ascertaining the stages of construction though RBI mandates such validations before disbursements.

Home Buyers had made payments to the developer and when requested to return the money after cancellation, the developer failed to do so. They filed complaints with Karnataka RERA under Section 31 of the RERA Act 2016.

The RERA directed the developer to return the money to home buyers that they paid to the developer with 10.25 per cent interest. It also directed the developer to discharge the loan raised in the name of home buyers with all EMIs and interests if any. The developers did not honour the orders passed by RERA, the bank initiated coercive proceedings to recover the loan from the home buyers.

"Home buyers don't have a home, the promoter Mantri Developers didn't honour the RERA orders, and banks started proceedings to recover the home loan. Under this circumstance, the home buyers decided to take the help of the High Court of Karnataka and it passed the following order to protect the interest of home buyers," said Dhananjaya Padmanabhachar, Sanchalak, Karnataka Home Buyers Forum.

He said that when the RERA act 2016 was implemented in Karnataka in 2017, the home buyers were under the impression that RERA is going to help home buyers in getting justice. "But the ground reality is home buyers need to go to courts for making RERA orders to get implemented. Why RERA is not able to implement their own orders, even though the Act provides excellent provisions to impose a five per cent penalty, imprisonment under different sections of the RERA order is not implemented," he added.

A relief to home buyers

Mudit Saxena, who booked a flat at Mantri Webcity said, "I welcome the High Court order. Many homebuyers have been suffering all these years. Now, Mantri Developers, who got the money from Punjab National Bank without completing the construction of flats, has to return the money."

Welcoming the order, Mohan C Pullaiah, one of the home buyers, said, "I began paying EMIs in 2014 and completed by October 2020. But construction of the 21-floor apartment complex has not progressed more than the first floor." he said.

State govt withdraws 35 criminal cases

The cabinet also announces the merger of Pre University and SSLC exam boards

The Karnataka Cabinet has decided to withdraw 35 criminal cases registered in various police stations of the state. The Cabinet's decision came following the recommendation of a sub-committee.

In the meeting that was held on Monday night, the Cabinet gave its nod over several matters including the appointment of civic workers as government employees.

The meeting at the Vidhan Soudha concluded with the nod to approve the appointment of civic workers who were performing duties on an outsourcing basis as government employees.

With this, the government will appoint 11,133 civil servants serving in the Municipal Corporations and other local bodies of the state as government employees under the special recruitment rules.

3,673 employees of Bruhat Bengaluru Mahanagara Palike (BBMP), 5,533 in municipal councils and 1,927 civil servants in municipal corporations are working on contract basis. Now recruitment will be done as government employees and the civil servants will be working under the pay scale of Rs 17,000-28,980, the meeting concluded.

The meeting of the Cabinet in Karnataka also announced the merger of Pre University (PU) and SSLC exam boards.

The amalgamation was agreed in view of the financial loss and the need for additional staff in these educational bodies.

The Cabinet also took a call on the 'mutual transfer of teachers'. Such transfers are allowed when both teachers of the same subject agree.

The Cabinet announced that a bill regarding the transfer of teachers will be presented in the House today.

Meanwhile, the Basavaraj Bommai-led government has ordered to provide 75 units of free electricity to the Below the Poverty Line (BPL) cardholders of the SC and ST communities.

The Chief Minister's Education Fund Scheme will be extended to the children of fishermen and farmers. The state Cabinet further agreed to table the Bengaluru Metropolitan Land Transport Authority Bill in the House. –ANI

FIR against two army officers

An FIR has been filed against two army officers for allegedly assaulting security personnel at the Kempegowda International Airport (KIAL), police said on Tuesday.

According to police, the scuffle between airport security staff and army officers had happened when the latter tried to park their vehicle in a VIP area.

The incident had taken place early on September 16 near VIP departure. Police sources said the two officers, Captain Thakur Baruwal and Major Pusheeb Rajput, had come to the airport in the car with Jammu and Kashmir registration and allegedly tried to park on lane one reserved for VIP and CISF officers.

The security guards denied them parking and asked them to park on lane 2.

Sources said that at this, the officers got furious, abused and pushed them to the ground, and kicked them.

—IANS

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Vaneeta Anand	Share Certificate Face Value 10	100	Certificate No. 192114 Start Dist No. 30653311 End Dist. No. 30653410
Vaneeta Anand	Share Certificate Face Value 10	100	Certificate No. 48228 Start Dist No. 10291111 End Dist. No. 10791210

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Four boys who played for glory on the field

Four Bengalurueans lived and breathed football when they played for India at International Socca World Cup 2022; they are eyeing other global tournaments too

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TWEETS @BangaloreMIRROR

Four Bengaluru boys have made India proud by representing the country in the International Socca World Cup 2022, a tournament organised by the International Socca Federation.

Socca World Cup is a 10-day-long tournament that started on September 11 in Budapest, Hungary. It is a 6-a-side open-age World Cup with more than 40 teams participating from across the world.

The players from Bengaluru were Adithya Buddhan, a Class 11 student from Delhi Public School, Bengaluru South, Ananth Ganesh, a Class 12 student from Canadian International School, Jonah Edward, a Class 10 student from Bishop Cotton Boys' School, and Rajesh Paterson, a football coach and state referee at Karnataka State Football Association.

Rajesh, who is a player cum coach, said that they received huge support from schools, parents, and the Socca Federation of India.

L-R: Ananth Ganesh, Rajesh Paterson, Adithya Buddhan, Jonah Edward, the four who participated in the tournament

> **"Though the state of football in Karnataka is improving, it still has a long way to go**
> – Rajesh Patterson, a player cum coach, state referee at Karnataka State Football Association

"Though the state of football in Karnataka is improving, it has a long way to go. We received so much support from the parents, financially as well, but none from the government. I want to build a good football team in Karnataka and to be able to represent India in other World Cup tournaments as well," Paterson said.

The passion for football runs in Paterson's family. "My father was a footballer and I am also motivating my children to follow their football passion."

He wants to build a strong state-level team for upcoming under-19 and under-21 tournaments. He will also be playing along with his team members in the matches against the leading teams of the world including France, Italy, Brazil, Belgium, etc.

Adithya Buddhan, one of the players from Bengaluru said that he wants to pursue football as a career in the future. "I have been playing since I was in Class 3 and I want to pursue football as a career."

"The tournament was a great experience. This was my first international World Cup so it was amazing to represent India. It was like a dream come true for me. Our teammates were really supportive and we did our best," he said.

Adithya added that one of the reasons that he has been able to reach here is because of the support from his father and teacher.

Ezhil Buddhan, his father, said that it is very important for parents to support their child's passion. "As parents, we should try to support them completely. I know many parents can be hesitant about a sports career for their children but I completely support his decision and choices."

In previous years, Adithya and his fellow players were unable to attend many events due to covid and other reasons. "This year, since it was a World Cup, we thought it was important he attended it," Buddhan added. The boys have played at the state level, and national level FUTSAL championships in the past.

Ukraine-returned medicos want clarity

CONTINUED FROM PAGE 1

explained a medical student who returned from Ukraine.

No clarity

Students said there is no clarity about the financing. "The notice said we are allowed to move to these countries, it doesn't give any clarification about anything else. Our universities haven't told us anything either. My university isn't offering a mobility programme anymore. Some students are saying that we will have to pay some extra fees as there are two institutes involved now; we are not so sure," said Shwetha, a student of a Ukrainian university from Bengaluru.

She added that she has decided to drop a year and then repeat her first year from 2023, as she is unsure about the entire situation now.

Language barrier

"Other problem that students might face, especially senior students who have hospital classes, is language issues. Many of the countries in the list only speak foreign languages; though, in college they might work with English, it would be difficult if the students have to handle patients," Shwetha added.

Not eligible?

Students said the NMC has specified only those who had started their course before November 2021 are eligible for mobility programmes.

"I am still unsure if I will be eligible as according to my university papers my course started in September 2021; but on the other hand as per my visa, I moved to Ukraine in November end as we had online classes before that. I do not understand the eligibility criteria and on what basis has this been decided. Amidst all this confusion, I have decided to take fresh admission and repeat my first year instead of waiting for the academic mobility programmes," said Anushka Pant, another student.

Skeptical

The students BM spoke to said they want to be accommodated in Indian universities only. According to some reports, some students have demanded that they be declared 'war victims' for the benefits. "I do not think many students will be willing to move to another university. The parents are skeptical to send their kids anywhere months after we have been evacuated from war, especially to countries like Kazakhstan and Uzbekistan due to several reasons and stereotypes," a student told Bangalore Mirror.

Fixing the fault in our roads

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TWEETS @BangaloreMirror

After the recent floods battered Bengaluru and damaged most roads, the Bruhat Bengaluru Mahanagara Palike (BBMP) said that it would make the city pothole-free by January 31.

Since June, the civic body has been in the process of filling potholes and until now, BBMP has filled more than 2,000 potholes and identified 211 potholes on arterial roads. Officials say that major roads haven't been affected much as these holes have been getting filled from time to time.

BangaloreMirror
HC nudge to BBMP: Clear encroachments from drains

Our story on Monday reported on the High Court ordering BBMP to clear drains of all encroachments at the earliest

According to BBMP data, 4,545 potholes were identified by the traffic police in June and potholes were filled in July. Later, another 4,000 potholes were identified and 2,000 potholes were filled.

BBMP Chief Engineer (Roads and Infrastructure), BS Prahalad said, "Most of the potholes involve wearing-out of roads and we will be asphalting those roads as well. "

He added that work was being ward-wise. "We have increased the number of contractors. There will be a separate contractor for filling potholes for Dasarahalli and Rajarajeshwari Nagar, South zone and Bommanahalli, Mahadevapura, and West Zone. Simultaneously all the contractors will operate and expedite the process of filling potholes at the earliest," he added.

"Under Amrutha Nagarothana scheme, BBMP has been given a target of completing all road work by January 31 and ward roads by March 31. It's also in the process of getting approved at the highest level. Citizens can witness all new roads in Bengaluru by March 31," added Prahalad.

BBMP has also been conducting a survey to identify the exact number of potholes in the city. While initially only BBMP was involved in conducting the survey, the civic body is now working with Bengaluru Traffic Police for the pothole survey. "We have shared the Fix My Street app with the traffic police. They have been able to identify 1,500 potholes as of now, he added.

BBMP will install grates on roads. "To combat waterlogging, we will install metal grates on roads. The grates will unclog roads immediately and flow into drains. The process will clear any waterlogging faster than the shoulder drains," he added.

Palike installing metal grates on roads in various neghbourhoods

On Monday, the High Court instructed the civic body to fill potholes within 10 days.

In addition, a few citizen groups like Pothole Raja -- focused on making roads pothole-free -- have also been working towards filling potholes. "Normally, we see 10-15 potholes per km during the non-monsoon season and it increased to 20-25 per km during monsoon season. As of now, we have filled 200-plus potholes in Koramangala, Sarjapur Road, Peenya Industrial Road and Mysore Road after recent rains," said Pothole Raja CEO, Dr Prathap B. "Approximately, it costs Rs 2,500 per sq metre for a 50-mm road."

BMTC will say it out loud: Public transport is best way forward

Rs 1 cr grant in hand, transport agency discusses how to increase awareness on use of buses

| Saumyangi Yadav
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TWEETS @BangaloreMIRROR

Private vehicles are a major contributor to the city's increasing air pollution. Which is why, civic agencies are now working towards increasing the use of public transport among people.

Bengaluru Metropolitan Transport Corporation has been assigned a grant of Rs. 1 crore for IEC (Information, Education, Communication) activities to promote the use of public transport as part of BBMP's action plan for reducing air pollution.

BMTC officials say that currently, discussion is in progress regarding what kind of activities would be conducted under this.

"We have discussed a few ways of many putting up a demo at a few of the major bus stations like Yeshwantpur, Silk Board, KR Market, etc with the use of speakers or print pamphlets that promote the use of public transport. We can also educate them about how the use of public transport can affect the environment, focusing on the electrification of BMTC buses," said Yashavanth Kumar, BMTC Deputy Chief Mechanical Engineer.

Officials said that they are also in confusion about the process and they will soon be taking a firm decision on it.

"The planning is still in process and we haven't come to a final decision yet. There will be a discussion between the MD and other officers and we will see decide what activities can be conducted for the same. For other initiatives like mini buses and double-decker buses, an Expression of Interest (EOI) has been issued," said Usha Devi, BMTC Assistant Mechanical Engineer.

BangaloreMirror

B'luru hesitant to hop on to public transport

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TWEETS @BangaloreMirror

In Bengaluru traffic jams seem to have become ubiquitous. Many attribute the congestion issue to increased usage of private vehicles. An IISc study indicates the solution lies in structuring mass

agreed that using Metro services was cheaper.

"Our idea was to look at how future policies should be influenced in the context of two-wheeler usage to create a sustainable mix of transport options and keep streets largely congestion-free...," said Aitichya Chandra, co-author of the study.

Following examples of Taipei and Guangzhou, the study called for

BM had reported on Feb 20 about reasons why citizens avoid taking the bus

Activists and citizens approve of these activities and said they might actually help bring change.

Srinivas Alavalli, public transport activist and head of civic participation at Janaagraha, told Bangalore Mirror, "The grant is too little, too late but something is better than nothing. BMTC should spend the money on social media ad campaigns to attract non-bus users. They should highlight the competitive advantage they have with other transport provided while urging potential customers to 'save money and planet by taking the bus' for maximum returns they must time the campaign with the launch of their new app to track buses."

Already social media groups and online campaigns have helped popularise the use of BMTC buses. Citizens said that with the involvement of the agency concerned, the effect would be even more. Lalithamba V, co-founder of Hasiru Mithra, an HSR Layout-based citizen activist group, said, "Any activities that have a positive impact will be appreciated by people. We do regular ward walks in our areas as a concept of 'Area Sabhas' which helps get more citizens of that area together and involve them and take their support in resolving local civic issues."

A commuter added that the BMTC should organise ward-level meetings with the people so they can learn about why people usually avoid taking buses so that they can improve their services in the future.

CM vows to talk about essential items at next GST council meet

Following criticism over GST (goods and services tax) Council's decision on taxing certain essential commodities, Karnataka Chief Minister Basavaraj Bommai on Tuesday said the next meeting of the Council meeting would discuss that issue.

He was responding to remarks by Deputy Leader of Congress in the Legislative Assembly U T Khader and the party's senior MLA R V Deshpande, who expressed concerns over bringing certain essential commodities under the GST.

"All aspects were discussed in the GST Council and a decision was arrived at unanimously. Certain things like curd. It is not taxing curd, but on branded curd and its packing... Actually, the rate has to come down, but the traders are not passing it on to the consumers," Bommai said.

He said, "So, in the next GST council meeting, we will be taking up certain implementation matters, then I will convey the views expressed by you. The GST is not paying direct tax and remittance, there are lots of inward credits like on packaging but not on main product, and in some cases it will be on main product and not packaging...this has been raised by some States including us, we will discuss it in next meeting."

Khader said there is tax on puffed rice, curd, milk, school-bags and rice, among other essential commodities when people are suffering.

He said the State government has a responsibility of informing to the Centre about the pain and suffering of the people. "We have to take up a resolution on reconsidering the tax by amending the GST rates on household items."

Sharing similar views, Deshpande said the State government has a responsibility, and should tell the Centre that it was difficult to tax certain essential commodities. **PTI**

In countries like Iran, women are fighting against hijab, State govt tells Supreme Court

Solicitor General Tushar Mehta, representing the Karnataka government, on Tuesday told the Supreme Court that even countries like Iran, which are constitutionally Islamic, women are fighting against hijab.

Mehta submitted before a bench of Justices Hemant Gupta and Sudhanshu Dhulia that the purpose of uniform, is for equality, equity, and uniformity and when one has to cross that threshold, then that person's test has to be higher.

He said India is a secular country and even in countries which are constitutionally Islamic like Iran, not all women are wearing hijab, instead they are fighting against it. He added that its mention in the Quran "means it's permissible.. Not essential".

Mehta also queried if is it so compelling that people who do not adhere to it are excommunicated or they cannot think of their existence without it?

At this, Justice Dhulia said they (the petitioners) are saying we'll wear uniforms and they are not saying we won't. He queried Mehta that if a child wears a muffler during winters, even the muffler is not prescribed in the uniform and will it be prevented?

Mehta said the rule says there cannot be a religious identity and uniform is uniform, and in a secular school, one has to wear the uniform.

Justice Gupta then asked Mehta if a leather belt is part of the uniform and someone says that we can't wear leather, will it be allowed?

Mehta said if the uniform says

During hearing, apex court says it must be proved beyond doubt that the wearing of the hijab was a threat to public order, public health or morality

short pants, one cannot wear it so short that it's indecent and everyone understands the uniform and discipline. He added that in some countries, women are not allowed to drive but clarified that he is not criticising any religion.

During the hearing, the apex court said it must be proved beyond doubt that the wearing of the hijab was a threat to public order, public health or morality.

Mehta said the uniform being part of essential discipline in schools was being scrupulously followed, however then a movement started on social media by an organisation called Popular Front of India and the movement was designed to create an agitation.

He added there were messages on social media to begin wearing hijab and this was not a spontaneous act, instead it was a part of larger conspiracy, and children were acting as advised.

Justice Dhulia orally remarked that the Karnataka High Court should have not gone into the essential religious practice test. Mehta agreed that the high court could have avoided going into the essential religious practice issue, however he added that it was the petitioners who moved the court raising the argument that hijab was an essential practice. The apex court is hearing petitions challenging the Karnataka High Court's judgement of March 15 upholding ban on hijab in pre-university colleges. It is likely to continue hearing the matter on Wednesday. **IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Dream big

Hari is keeping his fingers crossed to see the response from movie buffs on his movie MRP (Most Responsible Person). Though post-production work of MRP was completed two years ago, its producers did not release it at theaters due to the pandemic. The movie has four producers, including director MD Sridhar and cinematographer Krishna Kumar. It is directed by Bahubali who was as an associate for journalist-cum-director Indrajit Lankesh's film Thuntaata that released in May 2002. In Thuntaata, Hari made a debut as an actor with a small character role.

"Bahubali looked after me well during the shooting of this movie. The producers and the director provided everything, including non-vegetarian food during the shoot. I ate all types of food to maintain my girth," says Hari, about the film that is about an obese person.

One of the songs of MRP was released by Indrajit, actor Vasishta N Simha and music director-cum-actor Sadhu Kokila on Monday evening at Renukamba Preview Theater, Malleswaram. "I know Hari from Thuntaata. He has struggled a lot all these years. I wish him good luck with this movie," Indrajit said.

After watching the song, Sadhu Kokila appreciated Hari for his dancing skills, especially his ability to jiggle his belly. "I came to know that Hari shed around 10 kg by shaking his body as per the rhythm of the song," joked Sadhu Kokila.

Navarasan's next

Navarasan, who acted in Psycho Shankra that released in 2017, has been busy organising events such as audio launches and movie pre-release functions for the last few years. Now, he will turn producer with a Kannada movie starring Chandan Shetty.

"It is a crime thriller. Chandan will play a police inspector. I have written the story and screenplay and it will be directed by my associate Kiran Kumar who will make a debut as an independent director with this movie," said Navarasan.

The as yet untitled movie's shooting is expected to begin on October 10. "We are looking for a suitable actress to play the lead role," he said.

Chandan will also score music for this movie. It will be the 10th movie for Chandan as a music director. He has scored music for movies such as Ghanchali, Pogaru, and Raana. He recently wrote and sung a song for Tribble Riding.

"It will be an interesting movie and I am hopeful that film lovers will support it," he said.

Well-known cinematographer PKH Das will work behind the camera while veteran character actor Tabala Nani will play a key role in this movie.

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I, Karthika Muthuchamy W/O, Chandru Puvanajothi R/o G-04,1st Flr, Chaitanya Paradise, Seenappa Layout, Kodichikanahalli, B'lore - 560076 have changed my name to Karthika Muthusamy for all purposes.

I, Noor Ayesha Khan W/o Mohsin Hassan Khan R/o Flat No.1110, 11th Floor, DS Max Sky City, Next To Devin Enclave, Thanisandra Main Road, Thanisandra, Bengaluru-560077, have changed my name from Noor Ayesha Khanum to Noor Ayesha Khan Vide Affidavit Dated 19/09/2022 Notary Uday Kumar K

I, AKASH R S/o Moses, residing at No. 96, 4th Cross, 4th Main, V.R Nagar, Someswaranagar, 1st Block, Jayanagar, Bengaluru-560011, have changed my name to JOHN M, vide affidavit dated 20.09.2022, sworn before notary K.S Chandrashekar, Bengaluru.

I Jayanth Gowda Satishkumar S/O, Satish Kumar Dasegowda R/o N0-68/2,9th Main, Sharadamba Nagar,jalahalli, Bengaluru-560013 have changed my name to Jayanth Satishkumar Dasegowda

I Kunal Kumar S/O, Hemant Kumar R/o No.207 Bavisha Gardeniaa Phase 1 Trinity Complex Sy No. 47/2 Sarjapura Road Sompura Bengaluru - 562125 have changed my name to Kunal Kumar Shah

I, Manisha Kumari Abhishek W/o Abhishek Kewalchand Jain R/o No-69, B3, Govindappa Road, Basavanagudi B'lore-560004 have changed my name to Manisha Abhishek .

I, Mohamed Abid Ghulam Hasan S/o Ghulam Hasan Ghulam Khader R/at No.05, G Street, Coles Road Cross, Fraser Town, B'luru - 560005 Have Changed My Name to Mohammed Abid vide Affidavit Dt:19/09/2022 Sworn Before Notary Uday Kumar K, B'luru

I, NISHAD FATHIMA W/o Sufiyan Ahmed No.33, F Cross, 22nd Main, Vinayak Nagar, JP Nagar, 5th Phase, Banglore-560078 have changed my name to NISHATH FATHIMA affidavit dt- 20.09.2022 notary V.Rajashekhara, Bangalore.

I Vaseem Pasha R/o No 354, 7th Cross, Weavers Colony, Ward No 194, Bannerghatta Rd, Bengaluru 560083 have changed my minor son's name from Chand Pasha to Mohammad Usman.V for all purposes.

I, Fairoj Khan S/O, Afeez Khan R/o Manchanabele Near Masidi Manchanabele Post Madabal Hobli Magadi Taluk Ramanagar 562128. have changed my name to Fairoz Khan for all purposes.

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Perfect hair colour

Have you ever thought of choosing your hair colour according to your zodiac sign? Isn't it fun? It could be!

The natural colour of your hair depends on numerous factors, such as your genes, current conditions of the hair, the presence of melanin, and other things. Choosing a hair colour according to the zodiac sign could be interesting because every colour is a reflection of your personality and is ruled by the different planets. It's fun to find out your lucky colour as per your zodiac sign.

Audrey Dsouza, Lead Educator, Hair, Lakme Salon, lists all the hair colours according to the 12 zodiac signs that can help you select yours.

Aries
The first Zodiac, which is ruled by planet Mars is a fire sign, and red is the bright and natural choice of colour for Arians. People ruled by this zodiac sign need a colour that boosts confidence to another level. So go for intense red or burgundy to represent your personality positively.

Taurus
The second zodiac sign is Taurus, which is an earth sign, which means they are hard-working, passionate, calm, and persevering. They better know how to keep patience and when to fight, if necessary. A rose brown, brown to light brown colour represents their overall personality by adding the positive effects of this zodiac sign.

Gemini
The next zodiac sign is Gemini, which is ruled by the planet Mercury and the people in this sign are known for their versatility, dual personality, impulsiveness, and capability of grabbing any opportunity. You can go with blonde or reverse highlights and have fun with contrast to get a perfect hair colour.

Cancer
This fourth zodiac sign is known for its sensitive, emotional, and imaginative nature, which makes a beautiful combination of colour shades. People of this zodiac sign can reflect their personality by adding cinnamon gold or silver shades to their hair. These delicate, low-maintained, and soft but warm colours will give a perfect balance to your personality.

Leo
This sign is characterised by the peculiarity of great leadership and calm nature. People ruled by this zodiac sign are highly confident and passionate about their life. So we suggest you add some honey tones to your hair, or you can also go with blond to open up your personality and further increase your confidence level.

Virgo
Virgos are known for their sense of responsibility, aptness, leniency, and common sense. They can be a bit shy in nature, so it is important to choose a colour with light reflection instead of a dark one. Light brown, chestnut, or colours similar to the sun's natural light are the colours that perfectly work with this zodiac sign.

Libra
Fun, glamorous and easy-going are the characteristics of the Libra zodiac sign, and everyone wishes to be around the Libras, so a fantasy colour palette is best suited to their personality. Pale Blue or pink wash hair shade will keep you in trend, and you will be the centre of attention everywhere you go.

Scorpio
Intuitive, reserved, and mysterious are some of the qualities linked to the Scorpio sign, so it is essential to choose a hair colour that perfectly matches their personality. An intense red, dark brown, or bright platinum blond can add more perfection to your overall hair look.

Sagittarius
Sagittarius is energetic, confident, and generous and like inspirational things, and you will feel the same things when you go with the amethyst brown hair colour trend with a little soft purple tone. People with this zodiac sign are also very experimental, so dark blondes going into a pale blonde can help explain their personality.

Pisces
People with Pisces zodiac signs have complex personalities; they are daydreamers, caring, and emotional. So it is always better to choose a colour that represents this water sign positively. So we recommend choosing hair colours like classic and good old shades of deeper brown. These natural hair colour shades can boost their emotional characteristics while keeping them on trend.

Capricorn
Capricorns are reserved, deep thinkers, and quiet, which makes them capable of seeing things clearly, and dark colours are suitable for them. If Capricorn is your zodiac sign, go daring with a brown tone with subtle highlights, i.e., deeper baby lights that help to bring out the natural colour and facial features.

Aquarius
This zodiac sign is known for its creative, inspiring, sensitive, and social personality or skills. People in this sign are brave, never afraid of any change, and always ready to handle challenging situations. Rose gold and blue-toned black are perfect for highlighting this sign's nature and personality.

Hair colour should suit your personality and choosing one based on your zodiac sign is a fun way to do it. **IANSlife**

MIRRORLIGHTS

Night owls' may have higher risk of diabetes, heart disease: Study

People who stay up till late at night may have an increased risk for type 2 diabetes and cardiovascular disease, a study suggests.

The researchers from Rutgers University in the US noted that people who prefer to be active in the morning rely more on fat as energy than 'night owls'.

On the other hand, people who prefer to be active later in the day and at night use less fat for energy at rest and during exercise.

"The differences in fat metabolism between 'early birds' and 'night owls' shows that our body's circadian rhythm (wake/sleep cycle) could affect how our bodies use insulin," said Professor Steven Malin, from Rutgers University.

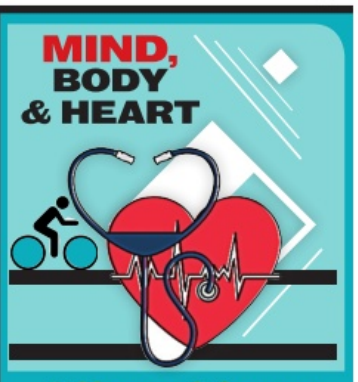
The study, published in the journal Experimental Physiology, classified 51 participants into two groups -- early birds and night owls -- based on their chronotype or natural propensity to seek activity and sleep at different times.

The researchers used advanced imaging to assess body mass and body composition, as well as insulin sensitivity and breath samples to measure fat and carbohydrate metabolism.

Researchers found that early birds were also more insulin sensitive. Night owls, on the other hand, are insulin resistant, meaning their bodies require more insulin to lower blood glucose levels, and their bodies favoured carbohydrates as an energy source over fats, the researchers said.

This group's impaired ability to respond to insulin to promote fuel use can be harmful as it indicates a greater risk of type 2 diabetes or heart disease, according to the researchers.

The cause for this shift in metabolic preference between early birds and night owls is yet unknown and needs further investigation, they said. **—PTI**



All problems solved

Dear Coleen

I'm a woman aged 31 and met my boyfriend through work a year ago. It's definitely a case of opposites attracting because, although we work in the same area and share similar interests, our backgrounds couldn't be more different. That's the bit that worries me.
I come from a very normal family, grew up in a small semi in the suburbs, worked hard at school and got to university, and found a good career.
He, on the other hand, went to the best schools, his family is wealthy and his whole experience of life has been very different to mine.
It's not an issue between us at all - in fact, we joke about it a lot - but if I'm honest, I feel intimidated by his upbringing and his family. I feel uncomfortable around them and just don't feel good about myself.
I suspect he might ask me to marry him, which I want, but I'm also terrified about the families and friends coming together and how that would play out. I'd love your opinion.

COLEEN SAYS
I honestly think this is more about you and how you feel about yourself – not good enough. Which of course is codswallop and I'm sure your boyfriend would be the first to agree, and he'd be horrified to know you felt intimidated and uncomfortable.
This is your own insecurity coming out and I get it – I've felt this way myself.
This is about you and your boyfriend – you love each other and that's what matters. And his parents must be decent people to have brought up their son to be the guy you love.
I think laughing about your differences is fantastic – keep doing that. Couples that laugh together, stay together. Also, be proud of who you are.

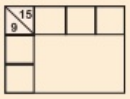
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

Joe's age is 50 times Sam's age and yet Joe's age is less than 50 years. How can that be?

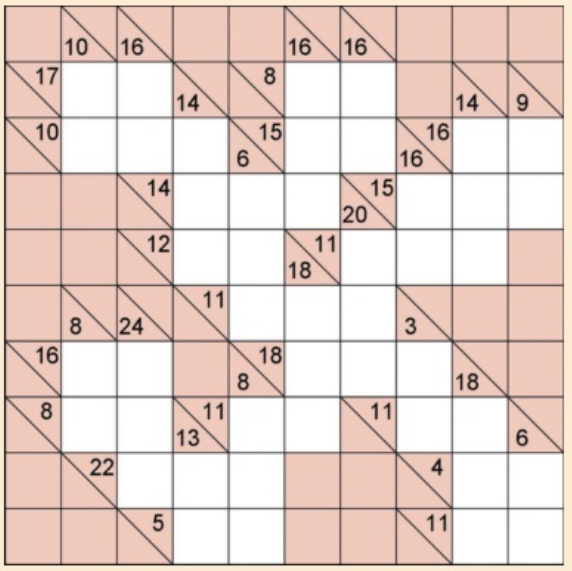
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

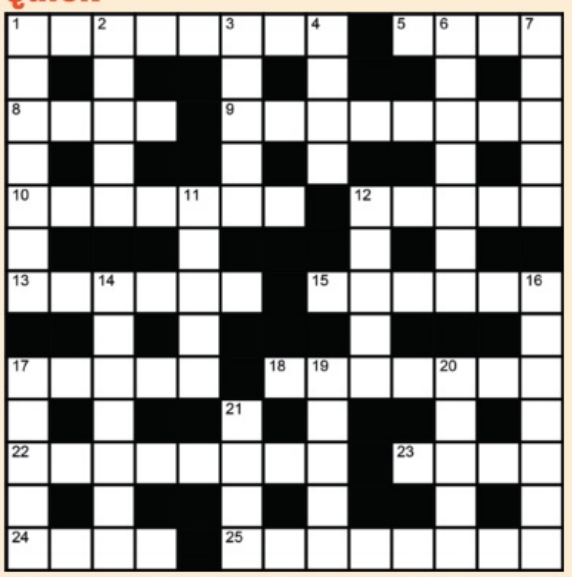


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Trader (8)
5 It helps to keep your collar together! (4)
8 Repast (4)
9 Tipu Sultan's father (5,3)
10 In the front or ahead (7)
12 Cheeky (5)
13 Old letter-writer (6)
15 Stratagem (6)
17 Common fruit (5)
18 Home of the Gods in Greek mythology (7)
22 Shines (8)
23 Italian volcano (4)
24 Wise person (4)
25 Make known (8)

DOWN

1 Speaks indistinctly (7)
2 Cowboy's rope, lasso (5)
3 Deathly pale (5)
4 Neat (4)
6 Passing through (7)
7 Divine being (5)
11 Permeate (5)
12 Sordid (5)
14 Knocking vigorously (7)
16 Waterfall (7)
17 Sponsorship (5)
19 Passions (5)
20 Paved courtyard (5)
21 Join metal (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS C

PBT WEM'F RGMP YETHSFGI; VSGM QF WBLGU, QF JYBJU RBVM QM PBTI ZEKBTIQFG WSEQI EMR UFEPU EU YBMH EU QF VEMFU

Linemaro

Anyone tell you you are the classiest girl here?

Mindchow

Why doesn't Tarzan have a beard?

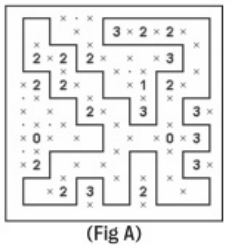
Joke of the day

My girlfriend thinks that I'm a stalker. Well, she's not exactly my girlfriend yet

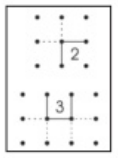
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

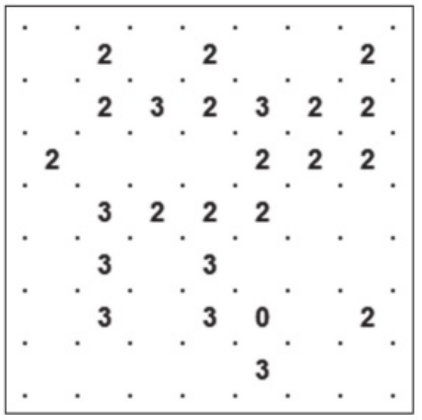


(Fig B) Not Allowed

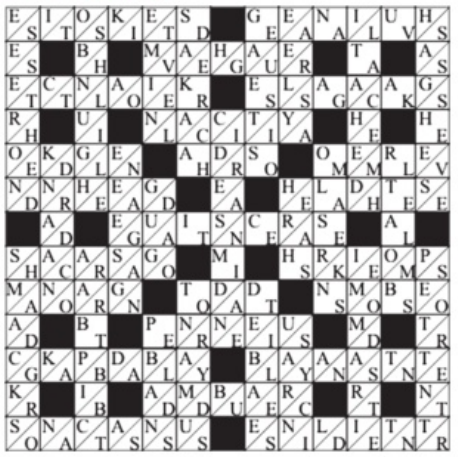
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



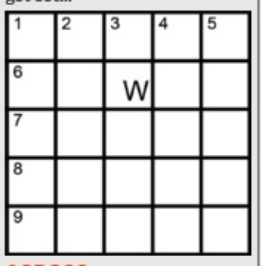
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

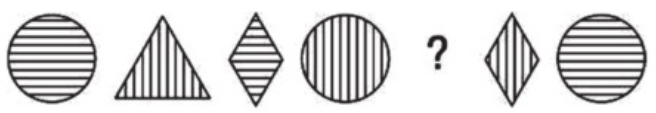
1 Dados; 6 Art we; 7 I mule; 8 In EEC; 9 I berg

DOWN

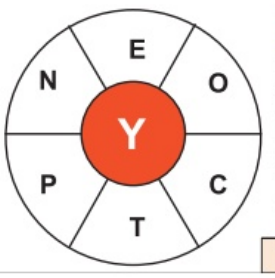
1 Tings; 2 Ail I a; 3 Bedew; 4 Educe; 5 Me Orr

Mensapuzzle

Draw the missing figure in the below sequence.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge

	7		8		9		4	
1			4		3			6
3								2
		6	9		2	8		
	3		5		8		1	
		8	3		1	9		
2								9
7			6		5			8
	9		2		4		5	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 6

3 5 7 9

Medium = 21

1 2 2 5

Hard = 56

2 5 8 3

Hocusfocus

Find at least six differences in details between panels.

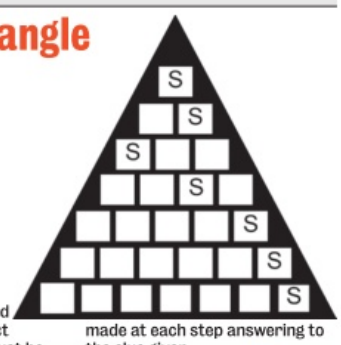
Differences: 1. Foot is moved. 2. Back of bench is higher. 3. Man has less hair. 4. Lapel is added. 5. Pocket is added. 6. Pant leg is longer.

Riddler

What does this mean? VAD ERS

Alpha triangle

1 Curved letter
2 Less more
3 Dear this
4 Get up
5 Fast food staple
6 Rages
7 Diagrams



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

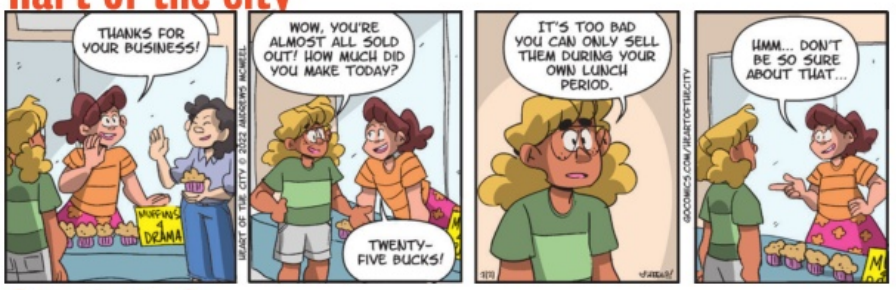
COMICS

Redeye by Mel Casson

Bizarrotrip

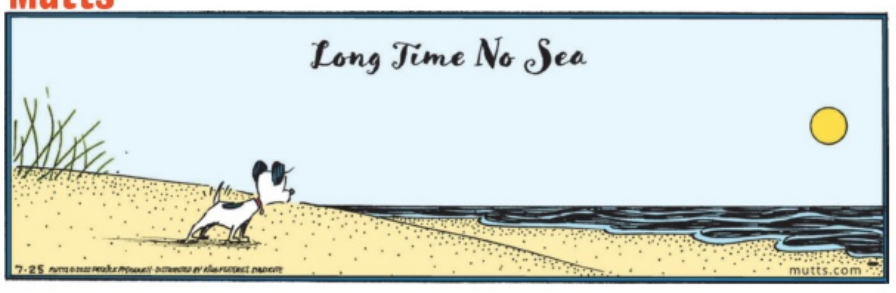
Diamond Lil

Hart of the city



Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day for you. Your enthusiasm may be at its peak, warranting you to self-regulate. Self-analysis may help you boost your confidence. You will resolve many problems with the help of your communication skills. Investors are advised to avoid speculation before making investments.

Taurus Apr 21 – May 20
Today you may not be able to enjoy your work and family life. You are advised to avoid arrogance and ego with your spouse, otherwise it may affect your emotional bonding. Problems in partnerships are likely to be resolved. Singles are advised to avoid rushing before making decisions related to marriage.

Gemini May 21 – Jun 21
Today you are blessed by the positive moon. You may be enthusiastic and likely start some new innovation in business, which may improve it in near future. You may plan some renovation in the house and office with the help of your creativity. Your network may become strong now.

Cancer Jun 22 – July 23
Today you may be busy with family matters. You are likely to hear some good news from your family members. You may also be busy with your kids and can plan for their academics. Your children's health will be okay. You are advised to be polite with the people around you, otherwise you could face some harsh arguments.

Leo Jul 24 – Aug 23
Today you may be happy. You may have internal vitality, which may boost your self-confidence. You are advised to avoid delay in making decisions in terms of finance, profession, and academics. Sometimes, you may face self-respect issues with your spouse. You are advised to keep patience. Lovebirds may go for short trips.

Virgo Aug 24 – Sep 23
Today is not a good day for you. You may feel dull and dissatisfied at every moment. You may be a victim of conspiracy, so you are advised to be careful in terms of hidden enemies and opponents. You are advised to avoid harsh speaking, otherwise you may face some litigation. You should avoid investments in risky assets.

Libra Sep 24 – Oct 22
Today you may become happy. You may be enthusiastic and can start new partnerships which will help you grow your business. Your seniors may appreciate your dedication towards work. You are likely to see promotions in your current job. You may get incentives in terms of rewards.

Scorpio Oct 23 – Nov 22
Today you may be busy at work. Your focus towards your goal may be tested many times. Your patience may help you achieve them on time. Your dedication towards work may also be tested. You may get some rewards for your hard work. You are likely to make investments in fixed assets.

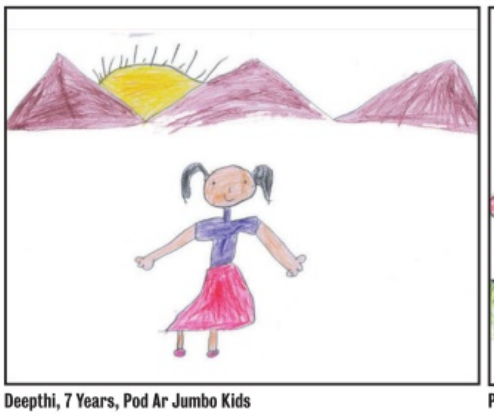
Sagittarius Nov 23 – Dec 22
Today your destiny may help you get success in an easy way. You are likely to visit some spiritual place to seek peace of mind. You may spend your time learning something intellectual or occult-related. Students may do well. Singles are likely to find a good match. Lovebirds may take important decisions in terms of marriage.

Capricorn Dec 23 – Jan 20
Today you may feel dull, so it is advised to be careful of opponents and rivals. You are advised to avoid arguments with the seniors. Investments in fixed assets are advised to be postponed for a while as they might turn into dead investments. Lovebirds are advised to avoid discussions on worthless topics.

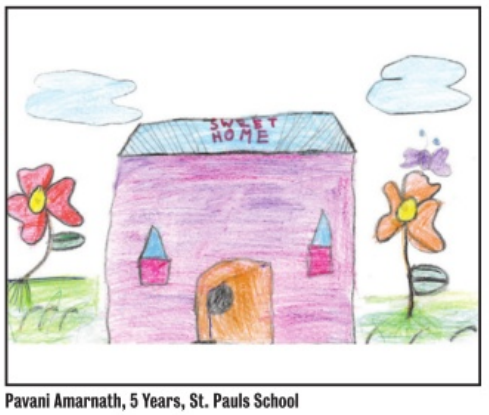
Aquarius Jan 21 – Feb 19
Today you may enjoy with your family. You may spend some romantic moments with your spouse, which may boost understanding and harmony. You are likely to spend money on buying artefacts or household items to renovate your house. You may enjoy parties and events. You are advised to read documents carefully before making any investments.

Pisces Feb 20 – Mar 20
Today you may feel happy and energetic. You may explore yourself, which may give you confidence, and you will be able to face any type of challenge. This will make you fearless and courageous. You are advised to keep patience in taking some financial decisions in business. Lovebirds may enjoy their happy moments.

KIDZONE



Deepthi, 7 Years, Pod Ar Jumbo Kids



Pavani Amarnath, 5 Years, St. Pauls School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
If Sam was born in a leap year, he would only be less than a year old (in terms of birthdays) within the first 4 years. 50 times that would be less than 50, so Joe could be younger than 50 but still be 50 times older than Sam

RIDDLER
Space invaders

BULL'S EYE
copy, pony, POTENCY, type, typo

FAST FIVE

S	A	D	D	O
T	A	W	E	R
I	L	E	U	M
N	I	E	C	E
S	A	B	E	R

STRIKE OUT

S	T	O	K	E	S	■	G	E	N	I	U	S	■	■
E	B	V	A	G	U	E	■	T	■	A	■	■	■	■
E	C	L	A	I	R	■	S	L	A	C	K	S	■	■
R	I	■	L	A	I	T	Y	■	H	■	H	■	■	■
E	D	G	E	■	H	R	S	■	M	E	R	E	■	■
D	R	E	A	D	■	A	■	H	A	D	E	S	■	■
■	A	■	G	U	I	N	E	A	S	■	A	■	■	■
S	C	R	A	G	■	I	■	S	K	I	M	P	■	■
M	O	A	N	■	T	A	D	■	S	O	S	O	■	■
A	■	B	■	E	R	N	E	S	■	D	■	T	■	■
K	■	I	■	A	M	B	E	R	■	T	■	N	■	■
S	A	T	A	N	S	■	S	I	L	E	N	T	■	■

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

QUOTE UNCODE
You can't deny laughter; when it comes, it plops down in your favourite chair and stays as long as it wants

MENSA PUZZLE
The sequence progresses circle, triangle, diamond, with alternate horizontal/vertical lines.

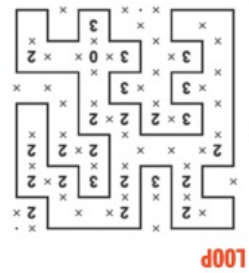
SUDOKU

8	9	1	2	3	4	6	5	7
7	4	3	6	9	5	1	2	8
2	6	5	1	8	7	4	3	9
4	2	8	3	7	1	9	6	5
9	3	7	5	6	8	2	1	4
5	1	6	9	4	2	8	7	3
3	8	4	7	1	6	5	9	2
1	5	9	4	2	3	7	8	6
6	7	2	8	5	9	3	4	1

ALPHA TRIANGLE
S, Is, Sir, Rise, Fries, Furies, Figures.

GO FIGURE
Easy
3 + 7 + 5 − 9 = 6
Medium
5 × 2 × 2 + 1 = 21
Hard
2 × 5 − 3 × 8 = 56

LOOP



KAKURO

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Ride safe. Wear a helmet.

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